

JUNIORS -21/04/2023

<u>400</u>	400m	FS (NO FINS) with Kick Board between legs
<u>800</u>	400m	BK (FINS ALLOWED IF NEEDED)
<u>1000</u>	200m	BRS
<u>1300</u>	6 x 50m	FS SPRINTS from 25m though turn (mid pool start) 30 sec. rest
<u>1500</u>	4 x 50m	CHOICE SPRINTS (25m & BACK) 30 Seconds rest
<u>2100</u>	600m	CHOICE KICK with FINS (if no fins then do 300m Kick)

SENIORS

<u>500</u>	500m	FS (NO FINS) with board between legs
<u>900</u>	400m	BK (NO FINS)
<u>1300</u>	400m	BRS
<u>1800</u>	10 x 50m	FS SPRINTS on 1:15 interval (30 seconds rest at end set)
<u>2000</u>	4 x 50m	FLY SPRINTS on 1:45 interval (30 seconds rest at end set)
<u>3000</u>	1000m	CHOICE OF KICK with fins (OR IF NO FINS DO 500m DISTANCE)